

Rise

REAL
PEOPLE.
REAL
POTENTIAL.



WELLNESS AND LONGEVITY

Stronger with time.
Better with age.
Made to Rise.

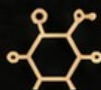
YOUR GUIDE TO
BETTER HEALTH, WELLNESS
& LONGEVITY



MEDICAL
WEIGHT LOSS



HORMONE
OPTIMIZATION



PEPTIDE
THERAPY



COACHING &
LIFESTYLE SUPPORT



SUPPLEMENTS
& SKINCARE

PRINEVILLE, OREGON | AVAILABLE NATIONWIDE

risewellness.app

Rise

WELLNESS AND LONGEVITY

LONGER. BETTER. RISE.

REAL
PEOPLE.
REAL
SUPPORT.
A BRIGHTER
TOMORROW.

Jeremy Hicks

CO-FOUNDER /
HEALTH COACH
ISSA CERTIFIED
NUTRITION COACH

Kristi Myers

CO-FOUNDER /
AESTHETICIAN

WELCOME

Welcome to Rise.

*Real Support for a
Brighter Tomorrow.*

Hi, I'm Jeremy Hicks,
Co-Founder and Health
Coach at Rise Wellness
and Longevity.

Rise was built from a deeply personal place. After facing one of life's hardest seasons — cancer, which I'm proud to say I'm a survivor of — I discovered the power of healing, resilience, and how incredible the human body can be. That journey opened my mind to the world of health, wellness, and longevity, and it inspired me to help others take control of their health and create a brighter future.

As an ISSA Certified Nutrition Coach, I combine education, real-life experience, and a whole-person approach to help you look better, feel better, and live longer. We focus on sustainable habits — better nutrition, physical activity, sleep, stress management, hormone balance, and overall wellness — so you can feel like the best version of yourself again.

Thank you for being here.
I'm excited to be part of
your journey.

Jeremy Hicks

JEREMY HICKS
CO-FOUNDER / HEALTH COACH
ISSA CERTIFIED NUTRITION COACH

Hi, I'm Kristi Myers,
Co-Founder and Aesthetician
at Rise Wellness and
Longevity.

With 27 years in the aesthetics industry, my passion has always been helping people feel confident, healthy, and comfortable in their own skin. Over the years, that passion has grown into something much bigger: understanding how deeply our internal health affects what we see on the outside.

My own health journey has played a huge role in that belief. Living with an autoimmune condition that is now in remission through a focus on nutrition, wellness, and taking care of my body taught me firsthand that true health has to begin from the inside. When we support the body, reduce inflammation, and give it the nutrition and care it needs, the benefits can reach far beyond how we feel — they can show on the outside, too.

As an aesthetician, I have spent 27 years fascinated by skin health and the aging process. I also genuinely love fitness and the gym, and I believe movement, strength, nutrition, recovery, and healthy habits all work together. Wellness isn't about one quick fix — it's about creating a healthier foundation that supports how you feel, how you function, and ultimately, how you look.

This inside-out approach is at the heart of what I believe in and why I am so passionate about wellness and longevity.

Kristi Myers

KRISTI MYERS
CO-FOUNDER / AESTHETICIAN



BETTER
HEALTH



MORE
ENERGY



GREATER
CONFIDENCE



A BRIGHTER
TOMORROW

LONGER. BETTER. RISE.



The Rise *Difference.*

MORE THAN A PRESCRIPTION. A PARTNER IN YOUR HEALTH.

At Rise, we take a personalized, whole-person approach to help you look better, feel better, and live longer. We go beyond medication to address the root causes and support you at every step of your journey.

FEATURE	OTHER PROGRAMS	RISE WELLNESS AND LONGEVITY
 FOCUS	Medication only	 Whole-body wellness (medication, nutrition, lifestyle, and ongoing support)
 COACHING	Limited or none	 Personalized one-on-one coaching with an ISSA Certified Nutrition Coach
 LAB TESTING	Often not included	 Comprehensive lab review and ongoing monitoring
 NUTRITION GUIDANCE	Generic advice	 Customized nutrition plans for real, lasting change
 LIFESTYLE SUPPORT	Minimal support	 Guidance on exercise, sleep, stress, hormones, and more
 ONGOING CARE	Little to no follow-up	 Regular check-ins and long-term support
 GOAL	Short-term weight loss	 Lasting health, more energy, better aging, and a higher quality of life

This isn't just about losing weight.
It's about living better.



*“A healthier,
stronger you
creates a
brighter
tomorrow.”*

LONGER.
BETTER.
RISE.

REAL PEOPLE.
REAL SUPPORT.
REAL RESULTS.

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Stronger with time. Better with age. Made to Rise.

Rise

WELLNESS AND LONGEVITY

REAL SUPPORT.

REAL RESULTS.

A HEALTHIER YOU.

WEIGHT LOSS
IS A TOOL.
WELLNESS
IS THE GOAL.

LONGER. BETTER. RISE.

MEDICAL WEIGHT LOSS

GLP-1 Therapy

Real Support. Real Results.

GLP-1 medications are a powerful tool for weight management and metabolic health. At Rise, we take a personalized, medically guided approach that looks at the full picture — not just the number on the scale.



WHAT IT IS

GLP-1 (glucagon-like peptide-1) is a hormone your body naturally produces after eating. GLP-1 medications mimic this hormone to help manage appetite, blood sugar, and digestion.



POTENTIAL BENEFITS

- Reduces appetite and cravings
- Supports healthy, steady weight loss
- Helps regulate blood sugar
- May improve cardiovascular and metabolic health
- Can support conditions like insulin resistance, PCOS, and fatty liver disease (off-label)



OPTIONS WE OFFER

- Semaglutide (weekly injection, with or without B12 or glycine, microdose and sublingual options)
- Tirzepatide (weekly injection, with or without B12 or glycine, microdose and sublingual options)
- Clinician-guided dosing and titration



WHAT TO EXPECT

- Once-weekly injection or sublingual option
- Gradual dose increases based on your response
- Ongoing clinical monitoring and one-on-one coaching
- Education and support for long-term success



IMPORTANT CONSIDERATIONS

- Side effects are usually mild and improve over time
- Not appropriate for everyone (e.g., certain thyroid conditions or pregnancy)
- Works best when combined with nutrition, physical activity, sleep, and habit change

*"A healthier, stronger you
creates a brighter tomorrow."*



Rise

WELLNESS AND LONGEVITY

OPTIMIZE. BALANCE. THRIVE.

Longevity Is a Lifestyle.

MORE ENERGY. BETTER HEALTH.
A STRONGER YOU.

HORMONE BALANCE.
BETTER SLEEP.
STRONGER BODIES.
LONGER LIVES.

HORMONE REPLACEMENT THERAPY

Feel Better. Live Longer.

Hormone Health for Every Stage of Life.

Hormones play a vital role in nearly every function of your body — from energy, mood, and metabolism to muscle mass, bone density, sexual health, and cognitive function. As we age, hormone levels naturally decline, which can affect how we feel, look, and perform. At Rise, we provide personalized hormone replacement therapy (HRT) to help you restore balance, feel like yourself again, and support long-term health and longevity.

BENEFITS OF HORMONE OPTIMIZATION



Increased
energy and
mental clarity



Improved
mood and
emotional balance



Better muscle
mass, strength
and body composition



Higher quality
sleep and recovery



Healthy
metabolism
and weight support



Enhanced
sexual health
and intimacy



Stronger bones
and joint health



Improved focus,
memory and
cognitive function

OUR APPROACH

We use comprehensive lab testing to evaluate your unique hormone levels and create a personalized treatment plan. Therapy may include bioidentical hormones, testosterone, estrogen, progesterone, and supportive supplements — all guided by licensed, board-certified clinicians and supported by ongoing coaching.

*It's not just about adding years to your life,
but life to your years.*

STRONGER WITH TIME. BETTER WITH AGE. MADE TO RISE.



Rise

WELLNESS AND LONGEVITY

REPAIR. REGENERATE. RISE.

Peptide Therapy

SMALL MOLECULES.
BIG POTENTIAL.

REBUILD TODAY.
A STRONGER
TOMORROW.

LONGER. BETTER. RISE.

PEPTIDE THERAPY

Support Your Body's Natural Potential.

Targeted Solutions for a Healthier You.

Peptides are short chains of amino acids that act as signaling molecules in the body, helping to regulate important biological processes such as hormone production, tissue repair, immune function, and metabolism. At Rise, we use clinically researched peptides as part of a personalized wellness plan to support your goals — whether that's increased energy, lean muscle, better recovery, healthier aging, or improved body composition.

POTENTIAL BENEFITS OF PEPTIDE THERAPY



Supports lean muscle growth and strength



May aid in fat loss and metabolism



Improves sleep and recovery



Promotes tissue repair and joint health



Enhances immune function



Supports cognitive function, focus and mood



Supports healthy aging and longevity



Supports overall vitality and well-being

POPULAR PEPTIDES WE OFFER

- Tirzepatide
- Semaglutide
- Retatrutide
- Tesamorelin
- Sermorelin
- CJC-1295 (with or without DAC)
- BPC-157
- TB-500
- GHK-Cu
- KPV
- Ipamorelin
- And more, based on your goals

OUR APPROACH

We take a personalized, evidence-informed approach to peptide therapy, including lab testing when appropriate, clinician oversight, and ongoing coaching to ensure safety, effectiveness, and real results.

*“Invest in your body today,
so you can do more of what you love tomorrow.”*

Rise

WELLNESS AND LONGEVITY

SUPPORT. NOURISH. PERFORM.

Supplements & Vitamins

FOUNDATIONAL NUTRITION
FOR A STRONGER,
HEALTHIER YOU.

REAL
NUTRITION.
REAL
RESULTS.
A BRIGHTER
TOMORROW.

LONGER. BETTER. RISE.

SUPPLEMENTS & VITAMINS

More Than Supplements. A Stronger You.

Targeted Nutrition for Real Results.

High-quality supplements can fill nutritional gaps, support optimal health, and help you perform, recover, and age well. At Rise, we offer a curated selection of clinically supported supplements to complement your wellness plan — because feeling your best takes more than just one piece of the puzzle.

KEY BENEFITS

- | | |
|---|--|
|  Supports immune function |  Boosts energy and endurance |
|  Enhances focus and cognitive health |  Supports muscle growth and recovery |
|  Promotes heart and metabolic health |  Supports digestive and gut health |
|  Supports healthy aging and longevity |  General wellness and daily vitality |

OUR SUPPLEMENT CATEGORIES

- | | |
|---|--|
|  Vitamins & Minerals
Foundational health and daily support |  Immune Support
Year-round protection |
|  Performance & Recovery
Fuel your active lifestyle |  Hormone Support
Balance and vitality |
|  Brain & Mood Support
Focus, clarity and calm |  Skin, Hair & Anti-Aging
Radiant health from within |
|  Digestive Health
A healthier gut, a healthier you |  Specialty Formulas
Targeted solutions for unique needs |

OUR APPROACH

We choose professional-grade supplements from trusted manufacturers that meet high standards for quality, purity, and efficacy. Our team can help you find the right supplements based on your goals, labs, and lifestyle — so you get real results, not just another bottle on the shelf.

"Small daily choices create extraordinary long-term results."

— JEREMY HICKS
CO-FOUNDER / HEALTH COACH

Rise

WELLNESS AND LONGEVITY

REFRESH. REJUVENATE. RISE.

Healthy Skin Looks Good on You.

CONFIDENCE
INSPIRES
EVERYTHING.

REAL CARE.
REAL RESULTS.
A BRIGHTER
TOMORROW.

Rise

SKINCARE & AESTHETICS

Healthy Skin for a Brighter Tomorrow.

Science. Confidence. Lasting Results.

Your skin is a reflection of your overall health. At Rise, we offer medical-grade skincare and advanced topical solutions to help you achieve clearer, healthier, more radiant skin — at every age.

OUR SKINCARE SOLUTIONS



Medical-Grade Skincare

Professional cleansers, serums, moisturizers and targeted treatments.



Advanced Topicals

Peptides, growth factors, antioxidants and other clinically researched ingredients.



Personalized Skincare Plans

Customized recommendations based on your skin type, goals and lifestyle.



Expert Guidance

Education, product support and ongoing guidance to help you get the best results.

PREMIUM BRANDS WE OFFER

A curated selection of professional, medical-grade skincare products, including cleansers, serums, moisturizers, retinol, antioxidants, peptides (including GHK-Cu), and more.



CLEAN
INGREDIENTS



SCIENCE-BACKED
FORMULAS



VISIBLE
RESULTS



HEALTHIER,
RADIANT SKIN

*“Healthy skin isn’t vanity.
It’s self-care, confidence, and a reminder
that you deserve to feel good in your skin.”*

— KRISTI MYERS
CO-FOUNDER / AESTHETICIAN

Rise

WELLNESS AND LONGEVITY

KNOW MORE. LIVE BETTER. RISE.

Laboratory Testing

REAL DATA.
PERSONALIZED CARE.
A HEALTHIER YOU.

OPTIMIZE
PREVENT
AGE WELL

Rise

Rise

BETTER LABS

BETTER HABITS

A LONGER YOU

DATA TODAY.
A BRIGHTER TOMORROW.

LABORATORY TESTING

Answers Today. A Healthier Tomorrow. *Test. Understand. Take Action.*

Laboratory testing gives us a clear picture of what's happening inside your body — so we can create a personalized plan to optimize your health, prevent disease, and help you feel your best. At Rise, we go beyond guesswork with comprehensive lab testing and expert guidance to turn data into real results.

KEY BENEFITS



Identify underlying imbalances



Optimize hormones, energy and metabolism



Track progress over time



Support fitness and performance



Catch potential issues early



Improve mood, focus and cognitive health



Personalize your wellness plan



Promote healthy aging and longevity

COMMON LABS WE OFFER



Hormone Panels
(Testosterone, Estrogen, Progesterone, Thyroid, Cortisol, etc.)



Cardiovascular Health
(Cholesterol, Lipoproteins, etc.)



Metabolic Health
(Glucose, Insulin, A1C, Lipid Profile)



Liver & Kidney Function
(CMP, GGT, Creatinine, etc.)



Nutrient Levels
(Vitamin D, B12, Iron, etc.)



Comprehensive Panels
(Annual wellness and longevity labs)



Inflammation Markers
(CRP, Homocysteine, etc.)



Specialty Testing
(Peptides, IGF-1, ApoB, and more based on your goals)

OUR APPROACH

We partner with CLIA-certified laboratories to ensure accurate, reliable results. Our team reviews your labs with you in plain language, explains what they mean, and builds a customized plan to help you take control of your health.

"You can't improve what you don't measure."

— JEREMY HICKS

Rise

WELLNESS AND LONGEVITY

REAL SUPPORT. REAL CHANGE. RISE.

Coaching & Lifestyle Support

HEALTHY HABITS.
LASTING RESULTS.
A BETTER YOU.

DISCIPLINE
CREATES
FREEDOM

COACHING & LIFESTYLE SUPPORT

More Than a Program. A Healthier, Happier You. *Guidance. Accountability. Real Results.*

Medication and supplements can help — but lasting change comes from the daily choices you make. Our one-on-one coaching gives you the education, tools, and support to build healthier habits, optimize your results, and create a lifestyle you love.

WHAT WE FOCUS ON



Nutrition

Real food. Real strategies.
No fads.



Supplement Guidance

Personalized
recommendations.



Physical Activity

Build strength, energy
and mobility.



Sexual Health

Improved vitality
and confidence.



Sleep

Better rest for better
results.



Mindset & Stress

Tools for a calmer,
stronger you.



Accountability

Ongoing support to
keep you on track.



Progress Tracking

Celebrate wins and
adjust as needed.

OUR COACHING INCLUDES



**ONE-ON-ONE
COACHING SESSIONS**
Personalized to your goals.



CUSTOM PLANS
Nutrition, activity,
supplements and more.



ONGOING SUPPORT
Because you're not
in this alone.

WHO IT'S FOR

- ✓ Weight loss and body composition
- ✓ Muscle building and performance
- ✓ Hormone and peptide optimization
- ✓ Better energy, sleep and focus
- ✓ Healthy aging and longevity
- ✓ Improved sexual health
- ✓ Sustainable lifestyle changes
- ✓ Anyone ready to invest in a healthier, stronger you

*"A healthier you doesn't happen by chance.
It happens by choice."*

— JEREMY HICKS
CO-FOUNDER / HEALTH COACH

Rise

WELLNESS AND LONGEVITY

INVEST IN A HEALTHIER YOU.

Personalized Care. Real Results.

SCIENCE.
SUPPORT.
A STRONGER
TOMORROW.

LOOK
BETTER.
FEEL BETTER.
LIVE LONGER.

PRICING & PACKAGES

Wellness Plans for Every Goal.

Simple. Transparent. Results-Driven.

Whether you're looking to lose weight, build muscle, balance your hormones, improve your skin, or simply feel your best — we have a plan designed for you. Our pricing is competitive, straightforward, and backed by real support.



WEIGHT LOSS

from \$149/month

GLP-1 medications
Nutrition guidance
Lifestyle coaching
Ongoing support



MUSCLE & PERFORMANCE

from \$159/month

Peptides
Hormone optimization
Supplements
Coaching & training support



HORMONE REPLACEMENT THERAPY

from \$129/month

Testosterone (TRT)
Estrogen & Progesterone
Full lab monitoring
Provider oversight



SKINCARE & AESTHETICS

from \$99/treatment

Medical-grade skincare
Customized facials
Advanced skin therapies
Professional guidance



SUPPLEMENTS & VITAMINS

from \$22

Premium wellness products
Immune support
Longevity formulas
Beauty from within



LABORATORY TESTING

from \$99

Comprehensive panels
Hormone, metabolic &
nutrient testing
Personalized review
Actionable insights



COMBINATION PACKAGES

SAVE MORE. ACHIEVE MORE.

Combine services for a fully customized plan and exclusive savings. Popular packages include Weight Loss + Hormones, Performance + Peptides, and Total Wellness (labs, coaching, supplements and more).



MEDICAL-GRADE
SOLUTIONS



ONE-ON-ONE
COACHING



PERSONALIZED
PLANS



REAL
RESULTS

*"Invest in your health today,
so you can rise to everything tomorrow."*

— JEREMY HICKS
CO-FOUNDER / HEALTH COACH

Rise

WELLNESS AND LONGEVITY

REAL PEOPLE. REAL SUPPORT. REAL CHANGE.

Your Health Journey Starts Here.

SIMPLE STEPS.
REAL SUPPORT.
A HEALTHIER,
STRONGER YOU.

GUIDANCE
TODAY.
A BRIGHTER
TOMORROW.

GET STARTED

A Healthier You Is Closer Than You Think. *It Only Takes a Few Minutes.*

Getting started with Rise is simple. In just a few steps, you'll have access to personalized care, expert guidance, and the tools you need to look, feel, and live your best — at every age.

1



Book a Free Coaching Call

Start with a no-pressure conversation. We'll learn about your goals and answer your questions.

2



Complete Your Intake

Fill out a quick, secure health questionnaire so we can understand your unique needs.

3



Review Your Plan

Our team will review your information and create a personalized plan with recommendations.

4



Get Started

Order your medications, supplements, or treatments and begin your journey with ongoing support.

BOOK YOUR FREE CALL

Scan the QR code or visit:
risewellness.app/book



EXPERT
GUIDANCE



PERSONALIZED
PLANS



REAL
SUPPORT



REAL
RESULTS

*“A healthier, stronger you
is always a good investment.”*

— JEREMY HICKS
CO-FOUNDER / HEALTH COACH

Rise

WELLNESS AND LONGEVITY

REAL PEOPLE. REAL SUPPORT. REAL CHANGE.

“You’re gonna fall to the earth sometimes. You’re gonna taste the dirt sometimes. Then you’re gonna **Rise.**”

— MELISSA ETHERIDGE

STRONGER
WITH TIME.
BETTER WITH AGE.
MADE TO RISE.

HEALTHIER
PEOPLE
STRONGER
COMMUNITIES
A BRIGHTER
TOMORROW

PEOPLE
PLANS
PROGRESS
A BRIGHTER
TOMORROW



Rise

Rise
WELLNESS AND LONGEVITY

WEIGHT LOSS
HORMONE HEALTH
PEPTIDES
MEDICAL-GRADE SKINCARE
SUPPLEMENTS & VITAMINS
INDIVIDUAL COACHING

A HEALTHIER
STRONGER YOU
STARTS HERE.

“Taking care of yourself isn’t vanity. It’s stewardship.”

— JEREMY HICKS
CO-FOUNDER / HEALTH COACH

BOOK YOUR
FREE CALL

Scan the QR code or visit:
risewellness.app/book



“When you feel good in your skin, you show up differently in every area of life.”

— KRISTI MYERS
CO-FOUNDER / AESTHETICIAN



PERSONALIZED
CARE



OPTIMAL
PERFORMANCE



HEALTHY
AGING



RADIANT
SKIN HEALTH



A BRIGHTER
TOMORROW

RISE WELLNESS AND LONGEVITY

PRINEVILLE, OREGON

RISEWELLNESS.APP

REAL PEOPLE.
REAL SUPPORT.
REAL CHANGE.